

Congenital Hypothyroidism (CH)

Health Care Professional Fact Sheet

<p>A newborn screening test is a <u>screen</u> and not diagnostic testing. An “abnormal” or “critical” result on a newborn screen indicates the baby may be at a higher risk of having a disorder; however, it does not diagnose the baby with the condition. Follow-up testing is <u>vital</u> to determine if the baby has the disorder indicated. In the event the condition is diagnosed, timely follow-up testing will result in earlier treatment and better outcomes.</p>	
<p>Disorder Indicated: Congenital hypothyroidism (CH) is a condition where the thyroid gland is not present or not working correctly to produce enough thyroid hormone. This hormone is important for healthy growth and development. If this endocrine system disorder is left untreated, CH could cause sluggishness, slow growth, and developmental delays. However, if the condition is detected early and treatment is begun, individuals can have healthy growth and development.</p>	
Incidence	1 in every 3,000 to 4,000 newborns.
Analyte Measured	T ₄ TSH
Normal Test Results	T ₄ > 5.5 µg/dL TSH < 25.0 µIU/mL
Abnormal Test Results	T ₄ ≤ 5.5 µg/dL TSH ≥ 25.0 µIU/mL to 60 µIU/mL
Critical Test Results	TSH ≥ 60.0 µIU/mL 2 samples with both analytes T ₄ and TSH abnormal <i>(Critical results require immediate evaluation and follow-up)</i>
Signs and Symptoms	<p>When a child has CH, you may see symptoms including:</p> <ul style="list-style-type: none"> • Tiredness/Sleeping longer or more often • Constipation • Hypotonia (poor muscle tone) • Jaundice (yellow skin/eyes) • Cool, pale skin • Hoarse Cry • Delayed growth/weight gain <p style="text-align: center;"><i>Symptoms can be triggered or exacerbated by periods of fasting, illness, or infections.</i></p>
Next Steps may include:	<p>Consult with local pediatric endocrinologist Provide parental education (see accompanying sheet) Clinical assessment Labs: Serum TSH, Free T4</p>
Treatment (if indicated)	Thyroid replacement therapy
Additional Resources	<p>VDH Newborn Screening http://vdhlivewell.com/newbornscreening Baby’s First Test www.babysfirsttest.org American College of Medical Genetics (ACMG) ACT Sheets www.ACMG.net Genetics Home Reference https://ghr.nlm.nih.gov/ American Thyroid Foundation https://www.thyroid.org/patient-thyroid-information/</p>

Educational content adapted from www.babysfirsttest.org

